

# Self-Advocacy Activity



## How Well Do You Know Yourself?

Self-advocacy means speaking up for yourself and others. It means knowing about your strengths and challenges, understanding your rights as a citizen, and being able to share your needs with others.

**Rate yourself on the following questions:**

**Y = Yes | S = Sometimes | N = No**

### Self-Awareness

- Do you know what your skills and strengths are?
- Can you easily explain your skills and strengths to other people?
- Do you know how you learn best?
- Do you share with others how you learn best?
- Do you ask for help when you need it?
- Do you set goals for yourself?

### Disclosure

- Do you know about your disability?
- Do you practice telling others about your disability?

Disclosure - continued

- Do you like the reaction you get when you tell someone about your disability?
- Do you describe your disability differently depending on the setting or the people?
- Are there times you choose not to talk about your disability?

### Accommodations

- Do you participate in meetings about your education and work?
- Do you know what "reasonable accommodation" means?
- Do you know what accommodations you need to be successful at work or school?
- Do you practice asking for the accommodations you need?

**Total your scores – on the other side...**

# How Well Do You Know Yourself? - Scoring

**Yes**

**If you answered mostly YES...**

**Total**

**You should be very proud of yourself!** You have a very good sense of yourself and your disability. You are on the road to being a very self-determined individual! Of course there is always room for improvement. Reflect on the questions you answered with a NO. Create some short-term goals to help you continue to improve!

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**Sometimes**

**If you answered mostly SOMETIMES...**

**Total**

**You already have good skills in your understanding of yourself and your disability.** There are also opportunities for you to learn more and improve in some areas. Once you know your strengths (the questions you answered with a YES), list the other areas that need work (the questions you answered with a NO). Decide which areas are most important to focus on right now. Create some short-term goals to work on your weaker spots.

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**No**

**If you answered mostly NO...**

**Total**

**You are at the beginning stage of understanding yourself and your disability.** Take the next step and seek out others you trust and who know you well; ask them to help you sort out your areas of strengths. Share the results of the questionnaire with them and ask for help with creating short-term goals to better understand yourself.

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